

Potato Soup (FDD)

Rating: ★★☆☆

Makes: 6 Servings

This rich-tasting and hearty potato soup is full of flavor and perfect for lunch or dinner.

Ingredients

1 cup onion (chopped)
1 tablespoon garlic (finely chopped)
1 tablespoon vegetable oil
1/4 pound chicken (thawed, cut up, and skin removed)
4 cups water
6 small red potatoes (chopped, or 1 can, about 15 ounces, low-sodium sliced potatoes)
1/4 cup white rice, or brown rice (uncooked)
1/2 teaspoon chili powder (or paprika)
1 cup peas (or 1/2 can, about 8 ounces, low-sodium green peas)
1/2 teaspoon cayenne or jalapeño chilies (diced, optional)
1/2 cup fresh parsley or cilantro (optional)

Directions

1. In a large pot, brown onion and garlic in oil over medium to high heat for 5 minutes.
2. Add chicken to pot and brown for about 5 minutes.
3. Add water, potatoes, rice, and chili powder to pot.
4. Bring pot to a boil, and cook for 15 minutes.
5. Lower heat and cook for about 15 to 20 minutes. Stir pot every 10 minutes.
6. Add peas and cook for about 8 minutes. If using cayenne or jalapeño chilies, add that too. Mix well.
7. Remove pot from heat. If using parsley or cilantro, add that now. 8. Mix well and cover for 5 minutes. Serve hot.



Notes

Tip for cooking chicken: The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.

Cookbook: A Harvest of Recipes with USDA Foods